



# Thursday Thoughts

Issue 2

## on Intellectual and Developmental Disabilities (I/DD)

### Let's Talk **Data**

It is estimated that mental health conditions are up to 50% more common in people with IDD than the general population.



### What Do **We** Know?

Depression is often not recognized in people with IDD due to communication difficulties or atypical presentations of



### **Key Principles & Terms:**

#### Cognitive Behavioral Therapy and IDD

- CBT is used extensively to treat depression in persons with mild and moderate intellectual disabilities.
- Outcomes include significant improvements in mood, isolation, and suicidality.
- Standard CBT steps can be adapted when working with individuals with IDD:
  - Simplify concepts.
  - Use/demonstrate concrete examples and easy to remember phrases.
  - Teach with modifications.
  - Support caregivers.
  - Offer extra reinforcement.
  - Skip unnecessary steps.

Excerpts from Summary White Paper Developed by LA OCDD Clinical Services Team. – PDF available upon request

#### Recognition is Key.

- In people with IDD, depression, as an example, may not be recognized as an illness on its own, and instead be viewed as directly linked to the person's intellectual disability – this is called *Diagnostic Overshadowing*.

#### Assistive Technology Can Help.

- Many individuals with intellectual disabilities now use an iPad or similar device, which has applications to support communications, including pictures that can be shown to their communication partner, or even some create sentences that will be spoken out loud via the device.

**Evidence-Based Practices for IDD:** [Evidence-based Practices for IDD | NC Complex Mental Health and Intellectual Developmental Disabilities Resources \(complexmhidd-nc.org\)](#)

[\(PDF\) Evidence-based practices in intellectual disability and behavior disorders \(researchgate.net\)](#)